

Career Paper

Mrs. Meyer English II

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Massage Therapy helps relieve injuries, illnesses, and even stress. Massage Therapists are common in nursing homes, hospitals and even shopping malls. Massage Therapy is a physical/emotional stress reliever which helps many people relax and recover from injuries.

After high school I plan to attend Indian Hills in Ottumwa to pursue a career in Massage Therapy. I've wanted to be a Massage Therapist since eighth or ninth grade. I am a person who likes to be around people and help people. I also like the idea of working for myself and having a shop of my own.

LMT or Licensed Massage Therapist requires a large percent of part-time or self-employed people. LMT's can specialize in more than eighty types of massage techniques called modalities. Massage sessions can last anywhere from ten minutes to two hours. Being a LMT requires having enough energy to stand and work for extended periods of time. Some of the different types of modalities include prenatal, sports injury, relaxation, and painful ailments. LMT's work in many types of environments, such as private offices, studios, hospitals, nursing homes, sports medicine, airports, and shopping malls. Massage sessions are usually done in dimly lit rooms with candles or incense, and relaxing music.

Massage Therapists can be injured on the job if they don't get enough exercise, use good techniques, or have proper spacing between appointments.

Some courses that prove helpful in high school are anatomy, physiology, psychology, biology, and chemistry. All of these courses have some study of the human anatomy and mental processes. Psychology would help me deal with different personalities. I would have to attend college in order to become a massage therapist. The number of years in a college course for LMT's can vary quite a bit according to www.naturalhealers.com. Classes can take a few weeks or up to two years depending on the school and the program. There will also be continuing education. There are some schools in Iowa that are believed to have a excellent programs, while other's are just teaching basic massage. Hattie prefers Body Wisdom Massage School in Des Moines, IA.

Some of the top ranked schools for massage therapy are: Cotiva Institute Schools of Massage Therapy, located in Arizona, Florida, Illinois, Massachusetts, New Jersey, Delaware, and Pennsylvania. Another would be National Massage Therapy Institute located in Pennsylvania, New Jersey, Delaware,& Virginia who offer day, evening, and weekend classes.

Southwest Institutes of Healing Arts located in Tempe, Arizona offers financial aid loans, PELL grants, and even helps place students after graduation.

Tuition runs anywhere from six to seventeen dollars per hour of education. Some places I could get one hundred hours for under \$1,000. Some ways that I could pay for my education would be grants, scholarships, financial aid. Or I could draw from the money my grandparents invested for my education.

I interviewed Hattie Peck from Fairfield, IA. She is a LMT. Hattie has two offices, one in Ottumwa and one in Fairfield. She also is going to open up a spa in Batavia. The name of her business is Gifted Hands. One of the things that I found interesting while visiting with Hattie was how important it is to schedule time off. I didn't even give that any thought. I now realize that a LMT could get stressed out, or get too tired from scheduling too many appointments in a short amount of time.

She also told me that when you employ yourself it takes a lot of self discipline to actually get used to doing your job. She told me there might be days that I might be tempted to cancel appointments due to lack of interest. She warned me not to be doing that. Hattie loves her job. She

told me she wasn't a very good high school student but she passed her classes and met the schools requirement. She said she never really had to take any hard tests during college. When she was in college she had plenty of time to prepare for her final test. She recommended that if I choose this career that I need to focus on my high school classes and take them seriously. She advised me to apply myself and get the best grades possible in high school.

By the time that I am finished with college this field is expected to increase by 19%. As of 2008 there were 122,400 people employed as Massage Therapists. Massage Therapists are needed everywhere; urban areas, rural areas, and many other locations. I've been offered a job with Hattie after college. However, I could work in a hospital to help people with sports injuries or other ailments.

This career seems stable to me because there is a growing number of people who need pain relief, stress relief, as well as those wishing to use natural means of recovery. Hospitals use LMT's to help patients with sports injuries, help increase circulation, and even help patients recover after surgery. I feel like I could excel in this field.

A salary for a beginning LMT is \$25,434-\$49,924 and up per year. The more experience I gain, like five to ten years, would change the above figures to \$12,208-\$51,839 per year.

I chose this career because I like to be around people, and I like choosing my working hours. I would have to learn how to deal with different personalities.

One thing I wouldn't want to do is work on people who can't speak English very well. However, I know I could learn to deal with that situation.

I'm hoping to start Indian Hill's classes when I'm a junior. That way I can get some schooling started, or maybe even finish my schooling by the time I graduate from high school.

Massage Therapy would help me learn how to interact with people. Altogether, I think that I would be perfect for this career, because I'm a people person, and I love helping people. It will be very rewarding.

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Interview Questions: A= Answer

1. What made you choose this career? what was the influence?

A: My mom told me that I had to move out or go to massage school. She always told me I had a great touch. I always remember my dad rubbing my feet and he would always rub my mom's neck. She would make me do it too!

2. Would you recommend this career to me or any other person?

A: Yes. But you need to be focused if you work for yourself. self-discipline. If you can't do that it's best to work for someone else.

3. What are your normal hours? do you have time off?

A: Right now I work Monday, Tuesday, Thursday, Friday & Saturday. And sometimes I will work 7 days a week. I take an appointment when ever I can. I have to schedule time off.

4. What type of people do you deal with?

A: All kinds. Men, Women, Young, Old, Skinny, Fat, Brown, Yellow I've worked on people who couldn't speak english. I've worked on athletes, and really sick, ie dying of cancer. nothing shocks me.

5. Do you work in a comfortable/uncomfortable environment?

A: I've worked in both. Right now it's very comfortable, cause it's my space. But I've worked for other people in a space that wasn't very comfortable.

6. How much education did you have after high school?

A: The state required so many hours to get a license. I took a 935 hour program, which is a lot. It took me about a year to complete everything. You have class hours and clinic hours.

7. What is the worse/best part of your day?

A: Worst part, Part I didn't like was working in a space with no windows. I love sunlight. But I don't have that now. And when your client is late or doesn't show. Best part. is making people feel good. It's very rewarding.

8. Have you always worked independently?

A: Yes for the most part. I once had an office job. I lasted about 2 1/2 days. It made me feel like I was sitting in detention.

9. What type of studies do you recommend I take if I go into your occupation?

A: Anatomy & Physiology. There really isn't much offered from traditional school/college's for this type of work. Just find a very good massage school. There are bad ones and there are good ones.

10. Do you think that there will be lots of jobs for this occupation?

A: Yes and I wish insurance company's accepted it. More people would benefit from it. everyone needs touch.

11. What is the normal pay scale for starting wages?

A: If you work for yourself it's whatever you want it to be. If you work for someone it could be a percent or hourly wages. I don't think massage therapists are paid well. The average Massage Therapist only last I think about three years because of burn out.

12. What are some important things that I should know about this occupation?

A: Not to let other people take advantage of you. Staying healthy and hydrated. No partying the night before and then having a awful next day. knowing how to keep a schedule. Don't be late or cancel appointments. And don't stink or have bad breathe. :D

works cited:

<http://www.bls.gov/oco/ocos295.htm>

<http://www.ihaveaplaniowa.gov>

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